

# The Wellstreet Journal

Vol. 9

Los Alamos National Laboratory

June 1998

Wellness Center and Positive Health Directions

## Summer Food Safety

True or False?

1. Mayonnaise-based salads are the leading cause of foodborne illness.

False. In some studies the acid ingredients in mayonnaise actually slow bacterial growth, but for a delicious mayonnaise-free alternative try the recipe below. Bacteria that cause foodborne illness can grow in just about any food, but are fond of protein foods such as ground meat. Cook all meats, especially ground meats, until well done. For tips on healthy barbecuing, see the USDA reference that follows or last summers WSJ at

[http://www.hr.lanl.gov/html/positive\\_health/wellstreet/wsj\\_vol6.html](http://www.hr.lanl.gov/html/positive_health/wellstreet/wsj_vol6.html)

2. Two hours is the maximum length of time that most perishable food can be held at room temperature.

True. Remember the 2-40-90° rule: Keep no food more than 2 hours between 40–90° F (no more than 1 hour above 90° F). Even easier: *"Keep hot food hot, cold foods cold."*

For copies of *Barbecue Food Safety*, *Safe Foods to Go* and other food titles visit Consumer Information at USDA <http://www.usda.gov/fsis/pubconsu.htm#CONSUMER INFORMATION> or contact the Wellness Center nutritionist.

## In the Kitchen

### French Potato Salad

Cook 2 pounds whole potatoes by boiling, steaming or microwaving until al dente. While potatoes are cooking prepare dressing: Whisk together 3-4 Tbsp. olive oil, 2 Tbsp. white wine vinegar (or 1 Tbsp. vinegar plus 1 Tbsp. lemon juice), 1 tsp. prepared mustard and a pinch of salt. As soon as potatoes are cool enough to handle, slice thinly and pour over 4 Tbsp. chicken broth (or 2 Tbsp. broth plus 2 Tbsp. dry white wine). Allow potatoes to absorb this, then add remaining dressing ingredients. Toss lightly with 2 Tbsp. minced green onion and 2 Tbsp. fresh chopped parsley. Serve, or chill until serving time. Yield: 6 cups

## Health Fest 98 – Survey Results

Attendance at HealthFest, the on-site health fair held in the Otowi Side Rooms, was approximately 400 employees, which is twice the participation of last year's event. Ten health related programs and services were represented at Health Fest. Only three of the 10 were ranked as being familiar to over half of the employees prior to attending the event: Occupational Medicine (57%), Ergonomics (74%), and the Wellness Center (76%). Employees were least familiar with Physical Therapy (25%), Health Connection (22%), Health Check (HRA) (21%), and Wellness Quest (15%).

### What is Wellness Quest?

Wellness Quest is a free yearlong program designed to help the Laboratory workforce become more aware of the benefits of total well being. Participants will track their choice of any activity that enhances their overall health. A Life Balance Pyramid, with many examples of wellness activities, will be included in each participant's Wellness Quest packet. Points are awarded for each of the activities that are completed. There will be a monthly drawing for participants who report 30 or more points and "freebies" will be awarded to everyone who reports points for the month(s).

If you would like more information about Wellness Quest, please contact Gina Koehler or Sue Bachmeier via e-mail or phone, [gkoehler@lanl.gov](mailto:gkoehler@lanl.gov) [smbachmeier@lanl.gov](mailto:smbachmeier@lanl.gov) or 7-7166.

## Stress Buster

This summer hide your watch and go on O.S.T. - Outdoor Standard Time. Give yourself a daily dose of nature in your own backyard or on a nearby trail or park. Learn new ways of enjoying time out in nature: tree or wildflower identification, bird watching, outdoor photography or a picnic rendezvous with a good friend. Treat yourself to a special nature-based class through local schools, outdoor clubs or national parks. *\*\*Editors note: I hear that the Night Walks at Bandelier and Tsankawi are a must! Call 672-3861 x517 for more information.*

## Health Happenings Calendar

### June...National Men's Health Week 15-21

Pick up a free Men's Maintenance Manual at bulletin board locations around LANL (Otowi, Wellness Center, S-site, TA-55). Watch for health tips in the daily Newsbulletin.

### July...Skin and Sun Safety Month

Occupational Medicine will be conducting skin cancer screenings at specific LANL sites. For more information call 7-7890.

### August...World Breastfeeding Week 1-7, Immunization Awareness

Registration forms and class brochures are available at the Wellness Center, Otowi lobby or online.

#### *This Summer...*

- ❖ Christen Howell will offer Jazz for June and Calypso for July on Fridays from 12-1:00 PM. Fee: \$8 per month.
- ❖ Feldenkrais Method of Awareness through Movement will be continued on Tuesdays in July and August. Taught by a certified practitioner, this class is a perfect relaxer and stress reliever. If you suffer from chronic pain, this may be the answer for you.
- ❖ If you have recently suffered from an injury and are contemplating a return to exercise, register for Rehab Aerobics, Tuesday and Thursday at 4:30 PM.
- ❖ Noor's Kundalini Yoga class on Tuesday and Thursday 6:30 - 7:30 AM will invigorate you for the rest of the day!

**September is Walking Month!** This year's theme is Walk a Lifetime. COORDINATORS NEEDED! Contact Gail Fox ([gfox@lanl.gov](mailto:gfox@lanl.gov) or 7-7166) for more information or to volunteer.

#### HEALTH VIDEOS FOR RENT!

The Wellness Center and Occupational Medicine Clinic maintain a video lending library on 30 different health topics. For a complete listing of topics check the Wellness Center web site or contact your Health Promotion Representative. A listing of representatives is located on the Positive Health Directions web site.

## Nominations for Healthy Living

*Nomination from Geraldine Edwards, CIC-1*

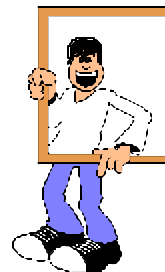
I'd like to nominate **Peggy Durbin**, the ES&H Representative for CIC-1. She has been really

instrumental in disseminating information on health and safety throughout the Lab. Peggy is renown for her snappy cautions on safety and health tips. She sends them to CIC-1 editors, who, in turn, spread them around their work place. Peggy spends time researching the best web sites for extensive info and includes these with the tips she sends out. At any rate, everyone is grateful for the advice and the funny presentation that accompanies it.

*Nomination from Lionel A. Madrid, FE-IFMPO*

I would like to nominate **Melvin (Wally) McCorkle** as a person who has made a significant lifestyle change enabling him to lose in excess of 40 lbs. over the past 5 or 6 months. Wally now tips the scales at under 200 lbs. Thanks for the opportunity to recognize my fellow worker.

## Health Check, Health Risk Assessment (HRA) is now available!



Find out more about your personal health, your risk factors for disease and how to reduce your risks. This confidential service is offered to all LANL employees, call 7-7890 to schedule an appointment.

Quotes from previous satisfied participants: "excellent program," "opened my eyes to a lot of things," "encourages me to take more personal responsibility for my health," "very smoothly organized," "health is something that shouldn't be taken for granted," "helpful, glad I did it!" "Thanks for the opportunity to re-evaluate and think about improving my daily health and safety behaviors."

The Wellstreet Journal is a quarterly publication of Positive Health Directions (HR-1) and the Wellness Center (ESH-2). Comments can be sent to [wsj@lanl.gov](mailto:wsj@lanl.gov) or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368.

Positive Health Directions

[http://www.hr.lanl.gov/html/positive\\_health/](http://www.hr.lanl.gov/html/positive_health/)  
Wellness Center <http://drambuie.lanl.gov/~wellness>